



*about* **BEST BEEF RECIPES . . .**

*There's nothing quite so good—for family meals or for entertaining—as a sizzling, brown-crusted roast of beef or a hearty, well-flavored beef casserole. The recipes included in this set are our most popular all-occasion beef dishes.*

*Ellen Sinclair*

Ellen Sinclair, Food Editor  
Australian Women's Weekly

*Inside the BEST BEEF Recipe Card set you will find the most popular recipes for beef, including delicious and economical ways with minced steak.*



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Photography by Garry Isaacs

## A REALLY GOOD YORKSHIRE PUDDING

Crisp on the outside, soft on the inside, golden in color — Yorkshire Pudding is the traditional accompaniment to roast beef. Cut it in squares (or make individual puddings), spoon the hot gravy over.

### YORKSHIRE PUDDING

1 cup plain flour

½ teaspoon salt

2 eggs

$\frac{2}{3}$  cup milk

$\frac{1}{3}$  cup water

dripping

Sift flour and salt into basin, make well in centre, add eggs. Gradually beat in a little flour from the sides of the basin. Gradually add the combined milk and water, beating constantly and incorporating more flour from sides of bowl. When all is combined, beat well for 2 minutes. Allow the mixture to stand for 30 minutes.

For individual puddings, put ½ teaspoon dripping in each of 12 deep patty tins, place in hot oven for 2 minutes, this melts the dripping and heats the pan. Fill each patty tin to the top with batter.

Alternatively, to make one whole Yorkshire Pudding, heat 60 g (2 oz.) dripping in 18 cm x 28 cm (7 in. x 11 in.) lamington tin in hot oven. Pour in batter. Bake in hot oven 25 to 30 minutes. Baking time is the same for the one big pudding or for individual puddings. Serve immediately, puddings will fall slightly and lose their lightness if they are kept waiting.

The pudding baked in one dish is the more traditional pudding with a moist centre. Individual puddings, are lighter in texture; some prefer this, and they're easy and attractive puddings to serve.



## ROULADEN



## ROULADEN

(Beef Rolls)

1.25 kg (2½ lb.) topside steak	30 g (1 oz.) butter
french mustard	1 cup hot water
3 small carrots	1½ tablespoons cornflour
3 small dill cucumbers	3 tablespoons water, extra
3 medium onions	½ cup cream
3 oz. smoked speck	salt, pepper
2 tablespoons oil	1 tablespoon chopped parsley

Ask butcher to cut six thin slices steak, each weighing around 185 g (6 oz.). Pound them thinly. Spread 1 teaspoon french mustard over each slice, sprinkle with salt and pepper.

Cut carrots, dill cucumbers and speck into thin strips, the width of the steak pieces. Chop onions finely. Divide these ingredients over the centre of each steak, roll up, secure with wooden sticks.

Heat butter and oil in pan, add steak rolls, brown well on all sides; remove from pan. Add hot water to pan, stir well so that all the brown pan drippings are incorporated into the gravy. Return rolls to pan, cover, cook gently, turning occasionally until tender, approximately 2 hours. Add more water to pan during cooking, as it evaporates.

Remove steaks from pan when cooked. Add more water to pan to make 2 cups of liquid. Blend cornflour with extra water, add to pan; stir until gravy boils. Stir in cream, bring back to boil. Season with salt and pepper, add chopped parsley. Return rolls to pan, simmer 10 minutes.

Serve rolls with sauce spooned over, or serve sauce separately.  
**Serves 6.**

## GOOD BEEF CASSEROLE

## GOOD BEEF CASSEROLE



60 g (2 oz.) butter  
750 g (1½ lb.) blade steak  
1 large onion  
2 sticks celery  
125 g (4 oz.) bacon pieces  
3 tablespoons flour

2 cups water  
3 tablespoons tomato paste  
¼ teaspoon mixed herbs  
1 teaspoon sugar  
1 teaspoon worcestershire sauce  
salt, pepper

Cut any excess fat from meat, cut meat into 2.5 cm (1 in.) cubes. Heat butter in pan, add half the meat, cook quickly until dark golden brown, remove from pan. Repeat with remaining meat, remove from pan. Add peeled and chopped onion, finely-chopped bacon and chopped celery, saute until onion is golden brown.

Add flour, stir until combined, cook 1 minute; remove from heat, gradually stir in water. Return pan to heat, stir constantly until sauce boils and thickens. Add remaining ingredients, season with salt and pepper. Put meat in ovenproof dish, pour sauce over, cover. Bake in moderate oven 1½ hours or until meat is tender.

**Serves 4.**



**CHILLI CON CARNE****CHILLI CON CARNE**

<b>750 g (1½ lb.) round steak</b>	<b>2 beef stock cubes</b>
<b>2 tablespoons oil</b>	<b>1 teaspoon chilli powder</b>
<b>2 medium onions</b>	<b>½ cup dry red wine</b>
<b>1 clove garlic</b>	<b>1 bayleaf</b>
<b>250 g (½ lb.) tomatoes</b>	<b>salt, pepper</b>
<b>1½ cups water</b>	<b>315 g (10 oz.) can red kidney beans</b>

Trim meat, cut into small cubes. Heat oil, cook meat until well browned. Peel and finely chop onions, crush garlic, add to pan, cook 2 minutes. Skin and chop tomatoes, add to pan; cook, stirring, 5 minutes. Blend water with chilli powder, add to pan with crumbled stock cubes, red wine, bayleaf, salt and pepper. Bring to boil, reduce heat; simmer, uncovered, 1 to 1½ hours, or until nearly all liquid has evaporated. Add undrained kidney beans, continue cooking until sauce thickens, approximately 15 to 20 minutes. Serve with rice.

**Serves 4 to 6.**

## BEEF IN BLACK BEAN SAUCE



## BEEF IN BLACK BEAN SAUCE

750 g (1½ lb.) round or rump steak  
 1 tablespoon sherry  
 1 tablespoon soy sauce  
 2 tablespoons cornflour  
 pinch sugar  
 2.5 cm (1 in.) piece green ginger  
 2 tablespoons oil  
 2 tablespoons oil, extra  
 2 onions  
 265 g (8½ oz.) can bamboo shoots

3 sticks celery  
 1 red pepper  
 2½ tablespoons black  
 beans  
 1 cup boiling water  
 1 clove garlic  
 1 cup water, extra  
 1 teaspoon sugar  
 2 teaspoons cornflour, extra  
 1 chicken stock cube  
 6 shallots or spring onions

Trim meat, cut into thin slices. Mix meat with sherry, soy sauce, cornflour, sugar and finely-chopped green ginger. Allow to stand for 30 minutes.

Heat oil, quickly fry meat until browned, remove from pan; rinse pan.

Heat extra oil, saute peeled and quartered onions, thinly-sliced, drained bamboo shoots, celery sliced diagonally, and pepper cut into strips, for 2 to 3 minutes; remove from pan, place on serving dish, keep hot.

Place black beans in bowl, cover with boiling water; allow to stand 5 minutes. Drain beans, mash well with crushed garlic. Add bean mixture to pan with combined water, sugar, cornflour and crumbled stock cube. Stir until sauce boils and thickens, add meat, heat thoroughly. Spoon over vegetables on serving dish. Garnish with thinly-sliced shallots.

**Serves 4.**



## SHEPHERD'S PIE



## SHEPHERD'S PIE

750 g (1½ lb.) cold cooked  
meat

1 medium onion

1 medium carrot

30 g (1 oz.) butter

1 tablespoon flour

¾ cup water

1 chicken stock cube

1 tablespoon tomato sauce

2 teaspoons worcestershire sauce

1 teaspoon soy sauce

salt, pepper

750 g (1½ lb.) potatoes

60 g (2 oz.) butter, extra

¼ cup milk

1 egg-yolk

Peel potatoes, cook until tender, drain; mash well. Mince together meat, onion and carrot. Melt butter, stir in flour, stir over medium heat until brown. Remove from heat, gradually stir in water, add crumbled stock cube, sauces, salt and pepper. Bring to boil, stirring, remove from heat, stir in meat mixture. Spoon into greased casserole dish.

Heat milk and extra butter, add mashed potato; beat until creamy, adding a little more milk, if necessary. Season with salt and pepper.

Spread over meat mixture, brush with beaten egg-yolk, mark decoratively with knife. Bake in moderate oven 30 minutes.

**Serves 4.**

**Note:** Minced steak can be substituted for the cooked meat in above recipe. Melt butter, saute 750 g (1½ lb.) minced steak, chopped onion and grated carrot until meat is well browned; pour off surplus fat. Stir in 1½ tablespoons flour (a little more than in first recipe), then proceed as above.

**BEEF STROGANOFF**

1 kg (2 lb.) rump or fillet steak  
 30 g (1 oz.) butter  
 1 onion  
 250 g (8 oz.) mushrooms

2 tablespoons tomato paste  
 ½ cup sour cream  
 salt, pepper

Cut meat into thin strips, about 1 cm (½ in.) by 5 cm (2 in.). Melt butter in pan, saute peeled and finely-sliced onion until transparent, add meat, continue to cook until almost done. Add sliced mushrooms, saute until meat is tender. Add tomato paste and sour cream, season with salt and pepper, heat through gently. Serve with hot noodles or rice.

**Serves 4 to 6.**

**BEEF FILLET WITH STROGANOFF SAUCE**

This is an easy way to have the same delicious Stroganoff flavor. Place 1 whole beef fillet (1 to 1¼ kg) in baking dish, sprinkle with pepper. Add 60 g (2 oz.) butter to pan. Roast in moderate oven 10 minutes per lb. for rare meat, 20 minutes per lb. for medium; allow a little longer for well done. Cut beef into slices, serve with Stroganoff Sauce spooned over, or serve sauce separately.

**Stroganoff Sauce:** Melt 30 g (1 oz.) butter in pan, add 1 finely-chopped onion, saute gently until onion is tender. Add 250 g (8 oz.) sliced mushrooms, cook until mushrooms are well softened. Add ½ teaspoon dry mustard, salt, pepper, then stir in 1 cup sour cream. Heat together gently, simmer 5 minutes.

This sauce is also excellent spooned over grilled or pan-fried steaks.

**Serves 4.**



## HOT STEAK PIE



## HOT STEAK PIE

<b>750 g (1½ lb.) minced steak</b>	<b>1 teaspoon soy sauce</b>
<b>1½ cups fresh breadcrumbs</b>	<b>2 tablespoons tomato sauce</b>
<b>2 onions</b>	<b>2 tablespoons finely chopped parsley</b>
<b>¼ cup water</b>	<b>salt, pepper</b>
<b>2 beef stock cubes</b>	<b>1 egg-white</b>

Combine minced steak, breadcrumbs, peeled and chopped onions, water, crumbled stock cubes, soy sauce, tomato sauce, parsley, salt and pepper; mix well. Roll  $\frac{2}{3}$  pastry to line base and sides of 18 cm (7 in.) springform pan. Brush base and sides with slightly beaten egg-white. Put meat mixture into pastry case.

Roll remaining pastry, cut to fit top of pie. Press edges to seal, trim. Cut a cross in centre of top, gently fold back four peaks. Decorate around peaks with leaves cut from remaining pastry. Brush over with egg-white.

Bake in hot oven 20 minutes, reduce heat to moderate, cook further 1 hour. Allow to stand 10 minutes before turning out.

## PASTRY

<b>2½ cups plain flour</b>	<b>90 g (3 oz.) dripping</b>
<b>1 teaspoon salt</b>	<b>½ cup water</b>
<b>1 egg-yolk</b>	

Sift flour and salt into bowl, make well in centre, add egg-yolk, cover with some of the flour. Put dripping and water in saucepan, heat gently until dripping melts, increase heat, bring to boil. Pour boiling liquid into flour, stir quickly until mixture becomes stiff, then use hand to complete mixing. Knead well until pastry is smooth, shape into ball, cover, allow to stand 30 minutes.

**BEEF GOULASH****BEEF GOULASH**

1 kg (2 lb.) round or chuck steak  
 ½ cup flour  
 2 tablespoons oil  
 60 g (2 oz.) butter  
 1 tablespoon paprika  
 2 large onions  
 ½ cup water

1 beef stock cube  
 ½ cup dry red wine  
 4 tomatoes  
 1 tablespoon tomato paste  
 1 bayleaf  
 salt, pepper

Trim off all fat from meat, cut meat into 2.5 cm (1 in.) cubes. Toss in flour seasoned with salt and pepper. Heat oil in large saucepan, add butter. Add meat and brown well on all sides. Stir in paprika and peeled and chopped onions, brown lightly.

Add water, crumbled stock cube, wine, peeled and chopped tomatoes, tomato paste and bayleaf. Cover, simmer gently 1½ to 2 hours or until meat is tender.

Season with salt and pepper. If desired, stir in ½ cup sour cream, heat gently, but do not allow to boil.

Serve with rice, noodles or mashed potatoes.

**Serves 6.**



## SAVORY MINCE



## SAVORY MINCE

30 g (1 oz.) butter

1 onion

750 g (1½ lb.) minced steak

salt, pepper

½ teaspoon mixed herbs

2 tablespoons plain flour

1 cup water

1 beef stock cube

3 tablespoons tomato sauce

2 tablespoons chopped parsley

Heat butter in wide, shallow pan, add peeled and chopped onion, minced steak, salt, pepper and mixed herbs. Stir constantly over medium heat until meat is well browned. Pour off any surplus fat. Add flour, stir 3 minutes.

Gradually add water, add crumbled stock cube and tomato sauce, stir until mixture boils and thickens. Reduce heat, simmer uncovered 10 to 15 minutes. Stir in half of parsley; just before serving, sprinkle remainder of parsley over top of meat.

Serve with rice or mashed potatoes or spoon on to hot, buttered toast.

**Serves 4.**

## SWEET AND SOUR MEATBALLS

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750 g (1½ lb.) minced steak  
1 onion  
salt, pepper

2 teaspoons curry powder  
2 teaspoons worcestershire sauce  
60 g (2 oz.) butter

Combine minced steak, peeled and finely-chopped onion, salt, pepper, curry powder and worcestershire sauce in mixing bowl, mix well. Shape into small balls, 2.5 cm (1 in.) in diameter. Saute in hot butter until brown, shaking pan occasionally to keep meatballs round in shape. Remove from pan.

## SAUCE

30 g (1 oz.) butter  
2 medium carrots  
1 onion  
1 cucumber  
470 g (15 oz.) can pineapple pieces  
½ cup water

1 chicken stock cube  
1 tablespoon cornflour  
1 teaspoon soy sauce  
2 tablespoons tomato sauce  
salt, pepper

Peel carrots, cut into thin strips. Peel and slice onion. Drain pineapple, reserve syrup. Dice cucumber. Saute carrots and onion a few minutes in hot butter.

Blend cornflour with water, add to vegetables with crumbled stock cube, soy sauce and tomato sauce, season with salt and pepper, add reserved pineapple syrup. Stir until sauce boils and thickens. Return meatballs to pan with pineapple pieces and cucumber. Simmer, uncovered, 10 minutes.

**Serves 4.**



## HAMBURGERS



## HAMBURGERS

500 g (1 lb.) minced steak  
1 egg  
1 medium onion  
salt, pepper  
½ teaspoon dry mustard

1 tablespoon tomato sauce  
2 teaspoons worcestershire sauce  
2 tablespoons oil  
6 hamburger buns

Combine minced steak, lightly-beaten egg, peeled and finely-chopped onion, salt, pepper, mustard, tomato sauce and worcestershire sauce, mix well to combine. Form into 6 even-sized hamburgers. Fry in hot oil, turning occasionally, until cooked.

Place cooked hamburger on toasted bun, with any or all of the following accompaniments: shredded lettuce, sliced tomatoes, sliced beetroot, raw or fried onion rings, chutney.

**Serves 6.**

## CHEESEBURGERS

Combine 500 g (1 lb.) minced steak, salt, pepper, 1 egg, 1 finely-chopped onion, 1 tablespoon tomato sauce, 1 tablespoon soy sauce, mix well. Shape into 12 patties. Combine 4 finely-chopped shallots with ⅓ cup grated cheddar cheese and 2 tablespoons sour cream, season with salt and pepper. Spread this filling over 6 patties, top with remaining patties; secure edges well, Heat 1 tablespoon of oil in pan, cook burgers until browned on both sides and cooked through.

**Makes 6.**

**BOEUF BOURGUIGNONNE****BOEUF BOURGUIGNONNE**

(Beef in Red Wine)

**1.5 kg (3 lb.) round steak****4 rashers bacon****12 small onions****flour****salt, pepper****30 g (1 oz.) butter****2 tablespoons oil****2 carrots****1 clove garlic****250 g (½ lb.) button mushrooms****1 cup red wine****1 cup water****2 beef stock cubes****1 teaspoon thyme****2 teaspoons sugar****1 tablespoon tomato paste****1 bayleaf**

Trim any surplus fat from meat, cut meat into large cubes. Trim rind from bacon, cut into pieces. Peel onions, leave them whole. Coat meat in flour seasoned with salt and pepper.

Heat butter and oil in large shallow pan, add about 250 g (½ lb.) steak at a time to pan, brown well on all sides, remove from pan; repeat with another 250 g (½ lb.) until all meat has been browned, remove from pan.

Add whole onions, cook until lightly browned; remove from pan. Add bacon to pan with peeled and sliced carrots, crushed garlic and whole mushrooms. Cook slowly, stirring occasionally, until bacon is crisp. Add wine, water, crumbled stock cubes, thyme, sugar, tomato paste and bayleaf, bring to boil. Add meat to sauce.

Transfer to ovenproof dish, cover, bake in moderately-slow oven 1 hour; add whole onions, continue cooking for further 1 hour. Remove bayleaf before serving.

**Serves 4 to 6.**



## STEAK AND KIDNEY PIE



## STEAK AND KIDNEY PIE

¼ ox kidney  
 1-kg (2 lb.) chuck steak  
 2 onions  
 salt, pepper  
 2 cups water

3 beef stock cubes  
 ⅓ cup flour  
 ⅓ cup water, extra  
 1 teaspoon soy sauce  
 500 g (1 lb.) packaged puff pastry  
 1 egg-yolk

Core and dice kidney, cut steak into 2.5 cm (1 in.) cubes. Place in saucepan with peeled and chopped onions, salt, pepper, water and crumbled stock cubes. Bring to boil, reduce heat, simmer, covered, 1 to 1½ hours, or until meat is tender. Blend flour with extra water; add to saucepan, stir until sauce boils and thickens; spoon into pie dish; add soy sauce; cool.

Roll out pastry just larger than pie dish. Cut thin strips from ends and fit around moistened edge of dish. Brush pastry rim with water and place remaining pastry on top. Press edges together, trim off excess pastry, using sharp knife. Make two slits in top of pie to allow steam to escape; glaze with lightly-beaten egg-yolk. Bake in hot oven 20 to 25 minutes.

**Serves 6.**

**BEEF SATAY****BEEF SATAY**

- |  |                                  |
|--|----------------------------------|
| <b>750 g (1½ lb.) fillet steak</b>       | <b>2 tablespoons sugar</b>       |
| <b>1 medium onion</b>                    | <b>1 teaspoon salt</b>           |
| <b>2.5 cm (1 in.) piece green ginger</b> | <b>1 teaspoon turmeric</b>       |
| <b>4 cloves garlic</b>                   | <b>2 teaspoons caraway seeds</b> |
| <b>¼ cup peanuts</b>                     |                                  |

Cut meat into 2.5 cm (1 in.) cubes. Grate onion and ginger, crush garlic, chop peanuts finely. Combine with sugar, salt, turmeric and caraway seeds. Add meat, cover, refrigerate overnight.

Thread meat on skewers, grill until cooked through, turning occasionally.

Serve with Satay Sauce.

**SATAY SAUCE**

- |                                 |                                 |
|---------------------------------|---------------------------------|
| <b>1 tablespoon oil</b>         | <b>½ cup peanut butter</b>      |
| <b>2 cloves garlic</b>          | <b>1 teaspoon sugar</b>         |
| <b>1 medium onion</b>           | <b>1 tablespoon soy sauce</b>   |
| <b>½ teaspoon chilli powder</b> | <b>1 tablespoon lemon juice</b> |
| <b>1 cup water</b>              |                                 |

Crush garlic, peel and finely chop onion; saute onion and garlic gently in hot oil until onion is transparent. Add chilli powder, water, peanut butter and sugar, stir well, bring slowly to boil, stirring. Remove from heat, stir in soy sauce and lemon juice.



## CABBAGE ROLLS



## CABBAGE ROLLS

18 large cabbage leaves  
 30 g (1 oz.) butter  
 1 onion  
 2 sticks celery  
 ½ green pepper  
 1 medium carrot

500 g (1 lb.) minced steak  
 250 g (½ lb.) sausage mince  
 salt, pepper  
 2 teaspoons basil  
 2 tablespoons tomato sauce  
 ½ cup rice

Drop cabbage leaves into boiling water, boil 3 to 5 minutes; drain. Melt butter, add peeled and finely-chopped onion, diced celery and pepper and grated carrot. Saute 2 minutes. Add minced steak, sausage mince, salt, pepper, basil and tomato sauce. Cook, stirring, until meat is well browned. Remove from heat, drain off excess fat; cool.

Cook rice in boiling salted water 12 minutes; drain, mix into meat mixture. Place portions of meat in centre of each cabbage leaf, fold into neat parcels. Arrange rolls in ovenproof dish. Pour over lemon sauce, cover, bake in moderate oven 40 to 45 minutes, or until cabbage rolls are tender.

## LEMON SAUCE

½ cup lemon juice  
 1 tablespoon oil  
 1 tablespoon tomato paste

¼ cup water  
 salt, pepper  
 1 chicken stock cube

Combine lemon juice, oil, tomato paste, water, salt and pepper; add crumbled stock cube, mix well to combine.

**Serves 6.**

## SPAGHETTI BOLOGNAISE



## SPAGHETTI BOLOGNAISE

1 large onion

2 tablespoons oil

500 g (1 lb.) minced steak

155 g (5 oz.) can tomato paste

2½ cups water

2 chicken stock cubes

salt, pepper

½ teaspoon oregano

¼ teaspoon thyme

1 teaspoon soy sauce

375 g (¾ lb.) spaghetti

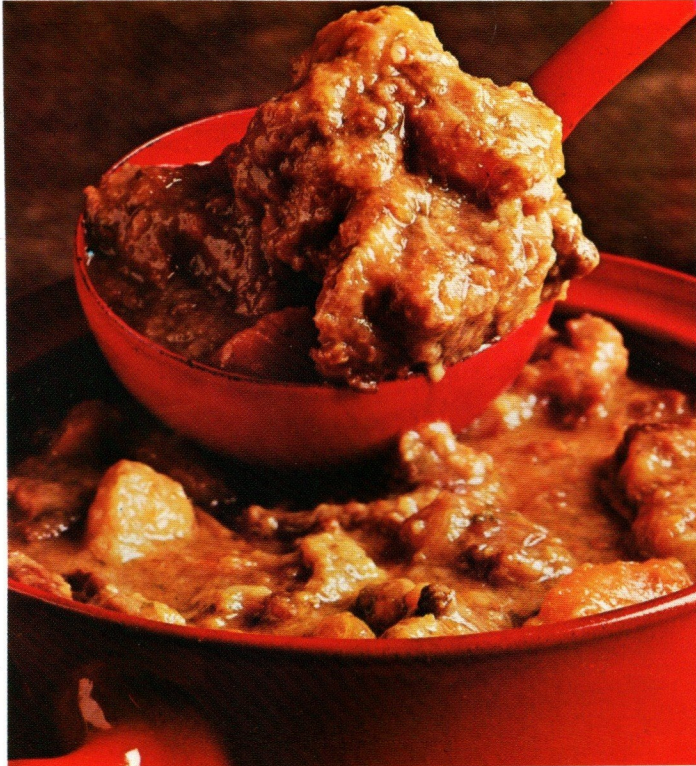
grated parmesan cheese

Saute peeled and finely-chopped onion in heated oil until golden, add minced steak; cook, stirring, until meat browns well. Pour off any excess fat. Add tomato paste, water, crumbled stock cubes, salt and pepper, oregano, thyme and soy sauce. Bring to boil, reduce heat, allow to simmer gently uncovered 1 to 1½ hours. Add more water, if necessary.

Cook spaghetti in boiling salted water 10 to 12 minutes, drain well; arrange in serving dish or individual bowls. Spoon sauce over. Offer grated parmesan cheese separately.

**Serves 4.**



**OXTAIL STEW****OXTAIL STEW**

2 oxtails  
 ½ cup flour  
 salt, pepper  
 3 tablespoons oil  
 2 medium onions  
 30 g (1 oz.) butter

2 large carrots  
 4 cups water  
 3 beef stock cubes  
 parsley  
 1 bayleaf

Wash tails, cut into pieces, toss in flour seasoned with salt and pepper. Heat oil in large pan, brown meat well, remove from pan. Peel and thinly slice onions, brown lightly in pan, add butter and sliced carrots, saute 5 minutes.

Add water, crumbled stock cubes, few sprigs of parsley and bayleaf. Bring to the boil, stirring; return meat to pan, reduce heat, cover, simmer 2 hours.

Allow to cool, skim off fat. Cool, then refrigerate for several hours or overnight. Remove fat which will have set firmly at top. Simmer further 1 hour. Remove bayleaf.

**Serves 4.**

## BEEF CURRY



## BEEF CURRY

1 kg (2 lb.) topside or round steak

60 g (2 oz.) butter

1 onion

30 g (1 oz.) butter, extra

2 cooking apples

2 medium bananas

2 tablespoons curry powder

4 tablespoons flour

3 cups water

1 beef stock cube

1 tablespoon brown sugar

salt, pepper

Trim excess fat from meat, cut into 2.5 cm (1 in.) cubes. Melt butter, brown meat well, remove from pan. Peel and finely chop onion, add to pan with extra butter, cook 1 minute. Peel and finely dice apples and bananas, add to pan with curry powder, cook 2 minutes. Add flour, stir 1 minute.

Add water and crumbled stock cube, brown sugar, salt and pepper. Continue stirring until sauce boils and thickens; add meat; reduce heat, simmer, uncovered, 1 hour or until meat is tender.

**Serves 4 to 6.**

**Note:** Accompaniments shown in color on this card add interest to a curry meal. Choose from those shown: cucumber and sour cream; papaw; peanuts; raisins; pappadams (available in packets from large food stores); pineapple; sliced peppers; sliced bananas with coconut; chutney. Add wedges of fresh lemon or lime.



## POT ROAST WITH WINE



## POT ROAST WITH WINE

1 kg (2 lb.) piece corner topside  
oil for frying  
500 g (1 lb.) small onions  
125 g (¼ lb.) small mushrooms  
470 g (15 oz.) can whole tomatoes  
¼ cup water

½ cup dry red wine  
salt, pepper  
1 teaspoon mixed herbs  
¼ cup flour  
¼ cup water, extra  
2 tablespoons chopped  
parsley

Heat oil in large saucepan, add meat, brown well on all sides; remove from pan. Add peeled whole onions, cook until golden; add whole or sliced mushrooms. Return meat to pan, add undrained tomatoes, water, wine, salt, pepper and herbs. Cover, bring to boil, reduce heat, cook gently until meat is tender, approximately 2 hours.

Remove meat from pan. Blend flour with extra water, add to pan, stir until sauce boils and thickens. Stir in parsley. Slice meat, serve with the vegetables, spoon sauce over.

**Serves 4.**

## RISSOLES



## RISSOLES

1.25 kg (2½ lb.) potatoes  
 500 g (1 lb.) cooked meat  
 1 medium onion  
 2 tablespoons finely  
 chopped parsley  
 salt, pepper

45 g (1½ oz.) butter  
 1 egg  
 1 egg, extra  
 packaged dry breadcrumbs  
 oil for deep frying

Peel potatoes, cook in boiling salted water until tender; drain, mash well. Mince meat or chop finely. Mix together potato, meat, peeled and finely-chopped onion, parsley, salt, pepper, melted butter and lightly-beaten egg, mix well.

The mixture at this stage will be too soft to handle, so refrigerate for 30 minutes. Divide mixture into eight, shape into rounds 2.5cm (lin.) thick. Brush with beaten extra egg, coat with breadcrumbs. Fry in deep hot oil until golden brown.

**Serves 4.**

**Note:** If cooked meat is not available, use 500 g (1 lb.) minced steak. Place in shallow pan, brown well, drain off excess fat, add to mashed potato, as above.



## SUMMER BRAUN



## SUMMER BRAUN

2 knuckles veal  
 250 g (½ lb.) pickled pork  
 750 g (1½ lb.) gravy beef  
 2 litres (8 cups) water  
 salt  
 3 cloves  
 1 bayleaf

1 teaspoon mixed herbs  
 ½ cup vinegar  
 1 teaspoon worcestershire  
 sauce  
 1 teaspoon gelatine  
 1 tablespoon water, extra

Place all meat in large saucepan, add the water. Add salt, cloves, bayleaf, herbs, vinegar and worcestershire sauce. Cover saucepan, simmer gently until meat breaks away from bone, approximately 3 hours. Remove meat from bones, dice finely, pack into greased 23 cm by 12 cm (9 in. by 5 in.) loaf tin.

Sprinkle gelatine over extra water; strain stock, measure 3 cups, dissolve gelatine in hot stock. Pour over meat just to cover. Refrigerate until set firmly; unmould on to serving plate.

**Serves 4 to 6.**

## MEATLOAF WITH BARBECUE SAUCE



## MEATLOAF WITH BARBECUE SAUCE

500 g (1 lb.) sausage mince  
 500 g (1 lb.) minced steak  
 1 cup fresh breadcrumbs  
 2 onions  
 2 teaspoons curry powder

salt, pepper  
 1 tablespoon chopped parsley  
 1 egg  
 ½ cup milk  
 ½ cup water

Combine sausage mince, minced steak, breadcrumbs, peeled and finely-chopped onions, curry powder, salt, pepper, parsley and lightly-beaten egg in bowl. Beat until mixture is well combined. Gradually add milk and water, continue beating until mixture is very smooth.

Shape meat mixture into loaf, place in greased baking dish. Bake in moderate oven 30 minutes. Remove from oven, carefully pour off any surplus fat. Pour Sauce over meatloaf, return to oven, bake for further 45 minutes, basting frequently with sauce. Serve hot with vegetables or cold with salad.

### SAUCE

½ cup water  
 ½ cup tomato sauce  
 ¼ cup worcestershire sauce  
 2 tablespoons vinegar  
 ¼ cup brown sugar

1 teaspoon instant coffee  
 powder  
 30 g (1 oz.) butter  
 2 tablespoons lemon juice

Combine all ingredients in saucepan, bring slowly to boil, reduce heat, simmer 5 minutes.  
 Serves 4 to 6.



## CORNEB BEEF



## CORNEB BEEF

Corned silverside or corned round can be used. Place meat in saucepan, cover with warm water, bring to boil; drain. This removes any excess saltiness from meat. Cover again with warm water, add 1 halved onion, 3 or 4 peppercorns, a sliced carrot and 1 teaspoon brown sugar. Bring slowly to boil, skim well. Reduce heat, cover, simmer until tender, allowing 30 to 35 minutes per 500 g (1 lb.).

Serve hot with potatoes, baby carrots, cabbage or any other favorite green vegetable, and with Onion and Parsley Sauce.

If serving corned beef cold with salad, remove from heat when tender, allow to cool in the cooking water; this keeps it beautifully moist.

### ONION AND PARSLEY SAUCE

2½ cups milk  
1 large onion  
60 g (2 oz.) butter  
3 tablespoons flour

salt, pepper  
pinch nutmeg  
¼ teaspoon prepared mustard  
2 tablespoons chopped parsley

Place milk and peeled and finely-chopped onion into pan, bring to boiling point; reduce heat, simmer, uncovered, 5 minutes, remove from heat.

Heat butter in separate pan, add flour, stir until combined. Remove pan from heat, add the milk and onion mixture, stir until combined. Return pan to heat, stir until sauce boils and thickens. Season with salt and pepper, add nutmeg and mustard; mix well. Simmer gently 3 minutes. Add parsley, stir until combined.

## SAUCES FOR STEAK



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### BERNAISE SAUCE (shown in color)

Boil 4 tablespoons tarragon vinegar, 6 peppercorns, 2 chopped shallots or spring onions and 1 bayleaf together until liquid is reduced to 2 tablespoons, strain, reserve liquid.

Beat 3 egg-yolks lightly in top of double boiler and stir in cooled, strained liquid. Gradually beat in 125 g (4 oz.) cooled, melted butter; stir continuously over simmering water until thickened; remove from heat. Season with salt and pepper.

### MUSHROOM SAUCE

Heat 30 g (1 oz.) butter and 2 teaspoons oil in pan, add 4 finely-chopped shallots or spring onions and 125 g (4 oz.) sliced mushrooms, saute slowly 5 minutes. Stir in 1 tablespoon tomato paste, 2 teaspoons flour, 1 crumbled chicken stock cube; gradually add 1 cup water. Stir until sauce boils and thickens. Season with salt and pepper, boil 2 minutes; reduce heat, simmer very slowly 15 minutes, or until sauce is rich dark color. Stir in 1 tablespoon chopped parsley.

### BERCY SAUCE

Combine ½ cup finely-chopped shallots or spring onions and 2 cups dry white wine, simmer until liquid is reduced to about 1 cup. Remove from heat, stir in 90 g (3 oz.) butter, 1 tablespoon lemon juice and 2 tablespoons finely-chopped parsley; reheat without boiling. Season with salt and pepper.

### DEVILLED WINE SAUCE

Pan-fry steaks, remove from pan. Add 60 g (2 oz.) butter to pan, add 3 tablespoons worcestershire sauce and 3 tablespoons red or white wine. Stir until sauce boils, boil until sauce is reduced by half. Remove from heat, add 4 tablespoons cream, season with salt and pepper.